



February 2015

BALANCE

Official Newsletter

U.S. NAVAL HOSPITAL YOKOSUKA

HERE TO SERVE WITH CARE

HEALTH PROMOTION

Heart Health and Interpersonal Relationship Awareness



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U.S. NAVAL HOSPITAL YOKOSUKA

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U.S. Naval Hospital Yokosuka



Health Promotions
HP@med.navy.mil

Tobacco Cessation and Prevention Classes Available!

These classes consist of facilitator led sessions discussing nicotine addiction and how tobacco users can direct their own path to quit and stay quit. Health Promotion has new Tobacco Cessation class options. We are located at the Fleet Rec Center, Rm 323.

Contact Health Promotion to schedule your spot in a class today!
Call or email us at 243-9776 / 046-816-9776 HP@med.navy.mil

Course Information

There are 2 options, Option 1 is 4 class sessions over 2 weeks or Fast-Trak Accelerated classes have 2 classes in one week.

Session 1: Understand why you use tobacco products and how they affect you and those around you.

Session 2: Mastering the first few days of quitting.

Session 3: Mastering OBSTACLES of quitting.

Session 4: Enjoy staying quit!

Understanding Session 1	First Days Session 2	Obstacles Session 3	Tobacco Free! Session 4
1st Tuesdays 0700-0800	1st Thursdays 0700-0800	2nd Tuesdays 0700-0800	2nd Thursdays 0700-0800
1st Tuesdays 1300-1400	1st Thursdays 1300-1400	2nd Tuesdays 1300-1400	2nd Thursdays 1300-1400
1st Tuesdays 1700-1800	1st Thursdays 1700-1800	2nd Tuesdays 1700-1800	2nd Thursdays 1700-1800
Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Tuesdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830	Accelerated Class 3rd Thursdays 1700-1830





Your Heart Health



Love Your Heart

By: Lt. Cmdr. Laura H. Artabazon, Doctor of Osteopathic Medicine

Cardiovascular disease (CVD) is the number one killer of all Americans and the leading cause of death in most developed countries. CVD includes heart disease, stroke & peripheral artery disease. Diseases such as diabetes mellitus & chronic kidney disease are considered the same as having had a heart attack or a stroke.

CVD is PREVENTABLE!! With just a few changes to your lifestyle you can significantly decrease your risk of developing CVD, permanent disability and early death! Are you excited yet? You should be. Many of these changes you already know how to do.... They're things like increasing physical activity, increasing your intake of fruits and vegetables, decreasing your intake of fatty foods and stopping smoking.

Other changes require working with your doctor on things like weight loss, control of blood sugar, decreasing blood pressure & treatment for sleep apnea.

One of the single best things you can do to reduce your risk of CVD is lose 5% of your body weight if you are overweight. Just this small amount of weight loss results in significant improvement in blood pressure and blood sugar, sometimes back down to normal levels. And that's just what 5% does!

So let's get started taking care of your heart! Today make just ONE change listed to the right and stick with it. If you need more help or have questions, please contact your Primary Care Physician or any Health Professional.

Changes You Can Make to Fight Heart Disease

Action: Lose 5% of your body weight if you are overweight.

Effect: Decreases blood pressure and blood sugar significantly.

Action: Stop Smoking

Effect: Decreases risk of heart attack by 50% within 1 year of stopping

Action: Eat more Fruits and Veggies

Effect: Risk of stroke decreased by 11% with each additional portion

Action: Decrease fatty food consumption

Effect: There is a 15% increase in death with each addition daily serving of red meat

Action: Increase physical activity

Effect: Persons with regular moderate physical activity have a 23% lower risk of death.



Unhealthy Interpersonal Relationships

Those who have reported being emotionally, physically or sexually abused have a higher correlation to the following issues: substance abuse, eating disorders, low self-esteem, promiscuity and risky sexual behavior— sexually transmitted disease, domestic violence, and suicide attempts.

Domestic Violence: Ending an abusive relationship and where to find help.

Provided by: Military OneSource

If you're the victim of domestic abuse, you may have thought for months or years about leaving the relationship. But leaving is scary, and it's hard to do. Victims often feel trapped and very much alone. They may fear for their own and their children's safety. Or they're financially dependent on the abuser and may have no means of support. Within military families, victims are also likely to be far from their support system of family and friends back home.

Victims who need to get out of an abusive relationship can get support from the military, but they also benefit from help and encouragement from friends, relatives, co-workers and trusted professionals. With planning and support, you can build a healthy and safe new life for yourself and your children.

For more information, please visit: <http://www.militaryonesource.mil/abuse>



Military OneSource is provided by the Department of Defense at no cost to active duty, Guard, and reserve service members (regardless of activation status), and their families. It is a virtual extension of installation services.

Visit www.militaryonesource.mil today or call 1-800-342-9647



Sexual Health

What USNH Is Doing To Help Prevent Sexually Transmitted Infections

By: Epidemiology Clinic Staff

Preventive Medicine's Epidemiology Clinic serves Fleet Activities Yokosuka by providing one-on-one counseling to prevent the spread of sexually transmitted infections. Located in Building E-22 at US Naval Hospital Yokosuka the clinic serves active duty personnel and dependents. Services provided help patients and their sexual partners. The clinic also offers a "Sexual Health Responsibility" courtesy outreach to tenant commands upon request.

Behind the scenes, the Epidemiology Clinic monitors sexually transmitted infection trends in our population. For example, in December fifty-four cases were reported. The clinic engages with these patients to speak about sexual health and risk reduction. Furthermore, sexual partners are contacted to notify them of potential exposure to a sexually transmitted infection without compromising patient privacy.

Through these measures, the Epidemiology Clinic endeavors to safeguard sexual health in the community.

For more information contact:

Epidemiology Clinic Bldg. E-22 Room 120-3

Phone: 046-816-5026/7625 DSN: 243-5026/7625



HM2 Latoya Watts (SW), Preventive Medicine Technician (PMT), provides education to HN Kenton Taylor, PMT, discussing sexually transmitted infection prevention.

“We value enhancing your sexual health and take pride in maintaining your privacy and confidentiality”



February Nutrition Classes at USNH Yokosuka



Basic Nutrition Class

- Time: 0930 - 1030
- When: Every Tuesday,
February 10, 17, & 24

Diabetes Class

- Time: 1400 - 1500
- When: Every Thursday,
February 13, 20, & 27

Cardiac Class

- Time: 0930 - 1030
- When: Every Wednesday
February 11, 18, & 25

Prenatal Nutrition Class

- Time: 1400 - 1500
- When: February 9

Location: Check in @ Internal Medicine Desk
Contact: Nutrition Clinic to reserve a seat: 243-7128
Branch Health Clinics, please call for DCO capabilities.

These classes are taught by USNH Yokosuka's Registered Dietitians and are a way to educate the members of the community about a healthy lifestyle, highlighting key points of nutrition while busting some of the myths. Classes are available to civilians, military, and contractors registered in the DEERS system.



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Heart Health and Interpersonal Relationship Awareness

SUN	MON	TUE	WED	THUR	FRI	SAT
1	2	3	4	5	6	7
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 2) 0700-0800, 1300-1400, 1700-1800		
8	9	10	11	12	13	14
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3) 0700-0800, 1300-1400, 1700-1800	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 4) 0700-0800, 1300-1400, 1700-1800		
15	16	17	18	19	20	21
	OFFICE CLOSED In Observance Of President's Day	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 1&2 Fast Track) 1700-1830	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000 TOB CESS & PREV (Session 3&4 Fast Track) 1700-1830		
22	23	24	25	26	27	28
	HFA 0800, 0830, 0900, 0930 & 1000	HFA 0800, 0830, 0900, 0930 & 1000	HFA 1400 & 1430	HFA 0800, 0830, 0900, 0930 & 1000		

HEALTH FITNESS ASSESSMENTS (HFA)

An HFA uses Body Composition Analyzer to assess certain parameters of your body & provide you with your current state of health and fitness. You will be provided recommendations on setting realistic goals & preparing a personalized plan to meet those goals. Initial appointments are available in 1-hr increments Mon, Tues, & Thurs at 0800, 0830, 0900, 0930 & 1000, as well as Weds 1400 & 1430; Follow-up weigh-in appointments are available by walk-in when office is open. Contact Health Promotion today to set up an appointment! ***BE SURE TO CONSULT A PHYSICIAN BEFORE BEGINNING ANY NEW FITNESS PLAN.**

USNH HEALTH PROMOTION

Fleet Rec Center, Rm 323
243-9776 / 046-816-9776 /
HP@med.navy.mil

TOBACCO CESSATION & PREVENTION:

This course consists of 4 class sessions where public health strategies and evidence-based medicine are used to address nicotine addiction. The goals of this program are: reduce initiation of tobacco use, increase tobacco cessation, and reduce environmental tobacco smoke. Contact Health Promotion to schedule your spot in the course today!